



Savory Tomato Bacon Biscuit Bites

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



52 kcal

Ingredients

- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon seasoning italian
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.7 cup mayonnaise
- ☐ 0.3 cup milk
- ☐ 4 large plum tomatoes cut into 8 slices (Roma)
- ☐ 10 slices bacon crumbled cooked
- ☐ 1 serving spring onion thinly sliced

☐ 2 cups frangelico

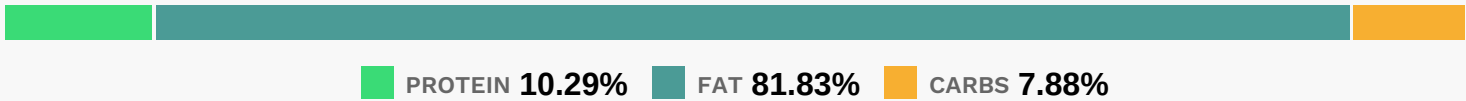
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Lightly spray cookie sheet with cooking spray.
- ☐ In medium bowl, stir together Bisquick mix, cheese, sugar, Italian seasoning and red pepper.
- ☐ Add 1/3 cup of the mayonnaise and the milk, stirring with fork until moistened. On lightly floured surface, knead dough 5 or 6 times. Pat or roll dough to 1/4-inch thickness.
- ☐ Cut with 1 3/4-inch round cutter; place rounds on cookie sheet.
- ☐ Bake 8 to 10 minutes or until golden brown. Cool slightly.
- ☐ Spread biscuits with half of remaining 1/3 cup mayonnaise; top each biscuit with tomato slice.
- ☐ Spread tomato slices with remaining mayonnaise; sprinkle evenly with bacon and onions.

Nutrition Facts



Properties

Glycemic Index:8.28, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.3647826262142%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 52.08kcal (2.6%), Fat: 4.74g (7.3%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.71g (0.78%), Cholesterol: 5.57mg (1.86%), Sodium: 91.03mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin K: 9.03µg (8.6%), Selenium: 1.78µg (2.55%), Phosphorus: 21.28mg (2.13%), Vitamin A: 90.05IU (1.8%), Vitamin B3: 0.32mg (1.58%), Vitamin E: 0.23mg

(1.53%), Calcium: 14.14mg (1.41%), Vitamin C: 1.11mg (1.35%), Vitamin B1: 0.02mg (1.26%), Vitamin B6: 0.02mg (1.16%), Potassium: 38.18mg (1.09%), Zinc: 0.15mg (1.02%)